

ACAP services

Army Career and Alumni Program office hours are from 7:30 a.m. to 4:30 p.m. Soldiers scheduled to leave the military can get information about their options at ACAP with pre-separation briefings, job assistance workshops and job assistance counseling. ACAP helps soldiers review options and assess how skills developed in the Army can be transferred to civilian life. For details and appointments call mil 485-6741/6330 or civ (06783) 6-6741/6330.

Soldiers are required to complete a mandatory pre-separation briefing (DD2648) at ACAP no later than 90 days before their separation date. Appointments are available every day at 9 a.m. and take about an hour and a half.

ACAP offers formal, daylong workshops every other Wednesday. Upcoming sessions will take place Jan. 9 and 23 beginning at 8:30 a.m. and ending at 4:30 p.m.

Job assistance can be accessed through ACAP's computer system. It covers such topics as how to create a resume, find jobs, network and interview. Separating soldiers and spouses can cover topics by computer at their own pace. Schedule an appointment or drop by any afternoon to work with the tools.

Family members of ETSing soldiers are eligible for ACAP services. Orders are not needed, and the sponsor does not have to be present for the spouse to attend ACAP classes or counseling. Spouses of deployed soldiers can also get ACAP assistance in Baumholder.

ACAP's job assistance workshops and professional counselors offer advice during the career transition process. Counselors help clients think through issues such as a civilian budget, searching the job market, writing a resume and preparing for job interviews. For details and appointments call mil 485-6741/6330 or civ (06783) 6-6741/6330.

Two soldiers found guilty

Pvt. Andres J. Underwood, Headquarters and Headquarters Company, 2-6th Infantry, was found guilty on one count of being Absent Without Leave, one count of

Post notes



Photo by Ignacio "Iggy" Rubalcava

A Baumholder soldier and German family get to know each other during a get-together at the Haus Aulenbach restaurant. Local families took soldiers into their homes as guests during the Christmas season in this annual German-American friendship program. This year 28 families hosted 33 soldiers for the holidays.

insubordinate conduct toward a noncommissioned officer and one count of wrongfully communicating a threat Nov. 26. He received a sentence of forfeiture of \$695 and confinement for 15 days.

Pvt. Matthew R. Mattingly, Service Battery, 4-27th Field Artillery, was found guilty on two counts of AWOL and one count of missing movement. He received a sentence of forfeiture of \$695 and confinement for 30 days.

Both soldiers served their sentences in the Mannheim Confinement Facility.

ACS at a glance

Family Subsistence Supplemental Allowance is available to qualifying soldiers to supplement their income. Eligibility is based on household size and income. For information call a FSSA financial readiness specialist at mil 485-8188 or visit their website at <https://www.dmdc.osd.mil/fssa>.

Looking for something to do? The Baumholder community offers many **opportunities to volunteer** with support service agencies. Call

Tracy Grice, installation volunteer coordinator, for a complete listing at mil 485-8188.

Army Community Service's Outreach Program holds a **Story Hour** every second and fourth Thursday of the month. Call them for details and times. The International Spouses Club meets in the ACS lounge from 10 a.m. to noon the first and third Tuesday of each month.

The **ACS Foster Care Program** is always looking for foster care families. The program is designed to provide needy children with a temporary home where they can find love, happiness and protection. Foster parents are familiar with the stresses of raising a family and are ready to help out in a crisis, willing to extend the love they share with others. Call the foster care coordinator at mil 485-8188 or civ (06783) 6-8188 for information.

Baumholder NOW, Newcomers Orientation and Welcome, helps orient spouses new to Baumholder to the local community and to military life. The three-day orientation welcomes and informs spouses of military members and civilian employees to Baumholder by providing relevant information and developing necessary skills for living in this unique environment. Spouses will learn about Germany and the local community through briefings on customs and a German language survival and cultural adaptation class. Spouses, whether new to the military or not, can attend an introductory class on the Army lifestyle.

Field trips on the economy provide spouses with practical skills in using German public transportation and local shopping. Free transportation and child care is available for all registered participants. Registration must be made in advance with ACS. Stop by Building 8746 or call mil 485-8188 or civ (06783) 6-8188.

ACS January class calendar:

Jan. 8 Anger Management
Jan. 9 Positive Self-Esteem, Credit Use and Credit Cards
Jan. 10 Blended Families
Jan. 14 Assertiveness Training
Jan. 15 Stress Management
Jan. 16 Conflict Resolution, Banking and Checking Accounts
Jan. 17 Love and Logic Parenting
Jan. 21 Martin Luther King Jr. Day
Jan. 22 Anger Management
Jan. 23 Positive Self-Esteem, Financial Planning for Couples
Jan. 24 Blended Families
For more information call mil 485-8188 or civ (06783) 6-8188.

Ed Center notes

The University of Maryland will offer the **Emergency Medical Technician Course**, with laboratory, beginning Jan. 14. Early registration is recommended since class space is limited. Call mil 485-6178 for information.

The **University of Oklahoma field representative** will visit the Baumholder Army Education Center Jan. 9 from 11 a.m. to 3 p.m. to discuss graduate degree programs. Call mil 480-6807 for information and to make appointments.

The Education Center has **limited DANTES and military testing** sessions available. Call mil 485-6487 to schedule testing. Walk-in testing is presently not available. For information call Bill Badger at mil 485-6487.

A college course, **Understanding and Guiding the Young Child's Behavior**, will be offered by the University of Maryland. Call mil 485-6178 for information.

There is still time to register with University of Maryland for the **upcoming semester**, which runs from Jan. 14 to March 8. See the Maryland representative to register.

Baumholder's **Adult Education Program** is registering students for Conversational German I and II, Basic Computer Skills, and Armed Forces Classification Test preparation. Call Bill Badger at mil 485-6487 for information.

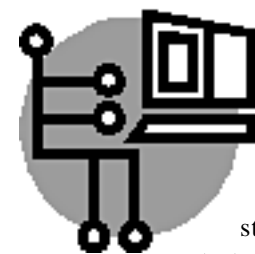
Ready to work on your college degree and not sure which way to go? **City Colleges of Chicago-Europe** offers 230 courses in a variety of concentrations including all basic general requirements. Courses may be taken via a variety of media depending on the course chosen. Courses are portable so they may be taken with you when you deploy or transfer to a new duty station. For information visit their home page at www.ccc-e.org.

The **Army Learning Center** in Building 8108 is open Monday through Thursday from 9 a.m. to 9:45 p.m. and Friday from 9 a.m. to 5 p.m. The center is closed daily from 1-2 p.m. Visit the center for CLEP, GED, SAT, ACT, AFCT and MOS study materials. An online bookshelf of the latest Army regulations and pamphlets is available. Call Laurie Williams at mil 485-6484 for information.

Computer users at the Army Learning Center and the University of Maryland's computer Lab must

complete the **online USAREUR Computer User's Test** before getting started. The test can be taken at any site connected to the Army's Local Area Network.

A user's license will be generated after successfully taking the test, and a copy must be shown before using any ALC or UM computer. Taking the test on the same day you wish to order a Military Correspondence Course may be impossible due to the limited number of computers on hand, so plan ahead. For information call Laurie Williams at mil 485-6484.



Time to get tax paperwork together

The Baumholder Tax Assistance Center will open Jan. 29 in Building 8670, next to the Community Bank, to provide free tax advice and preparation. Bringing proper documentation to the BTAC will ensure tax returns are prepared faster and refunds received sooner. Necessary documents include W-2 and 1099 forms, which should be received by Feb. 1. Getting this documentation is the tax filer's responsibility. The failure of an employer or financial

institution to provide documents is not a defense for filing taxes late. If you do not receive your W-2 forms by Feb. 1 contact your employer. If the W-2s do not arrive by Feb. 15 contact the Internal Revenue Service. Contact your Legal Assistance Office for the address and telephone number of the IRS. The instruction booklets that come with forms 1040, 1040A and 1040EZ list this information.



The IRS will require your employer's name, address, telephone number and the employer's federal identification number, if known. Your address, telephone number, dates of employment and an estimate of your total wages and withheld federal income taxes are also required. Form 1099s report income from sources other than wages, salaries and tips. Form 1099R is used to report distributions from pensions, annuities,

retirement and profit sharing plans. Form 1099INT is used to report interest income. The Legal Assistance Office can tell you which forms you need to file with your return. If you receive a 1099 form after filing your taxes, report the income and take the credit for any income tax withheld by filing a Form 1040X, an amended tax return. For assistance and information call the Baumholder Legal Center at mil 485-5606/6426. (Courtesy of the Baumholder Tax Assistance Center)

Choose a beneficiary for new TSP accounts

By Maj. John B. Jones Jr.
Baumholder Legal Assistance Center officer in charge

Since the ability to participate in the Thrift Savings Plan was extended to members of the uniformed services last October, much has been released on how it works. TSP is a federally sponsored retirement savings and investment plan. If you have enrolled or are deciding whether to participate you need to consider your will as well. As a rule TSP proceeds are part of your non-probate estate and pass to a designee outside the directives of your will. You cannot rely on your will to distribute the proceeds. The beneficiary you designate under the plan is controlling. Your probate estate consists of property and personal belongings which are in your name only and which have no contractual beneficiary designation. In other words it is

property that you own or are entitled to possess at the time of your death. Examples of probate estate include real and personal property—a house, an automobile, savings bonds. This property passes on at your death to the people named in your will. The non-probate estate covers essentially everything else. It is property passed on through some sort of beneficiary designation or by the operation of the law. Insurance proceeds are a prime example of property that passes by way of beneficiary designation. The proceeds of any non-probate estate, whether it is the Servicemen's Group Life Insurance or the TSP, will pass to the beneficiary designated on the face of the policy. Because the proceeds of the TSP do not automatically pass along the same lines as the probate property covered

in your will, who it is you designate as the beneficiary in the event of your death is a critical undertaking. TSP provides a Form TSP-U-3 to designate a beneficiary and emphasizes that a will is not a substitute for the use of the proper form. TSP does, however, allow the use of Form TSP-U-3 to designate your estate or a trust to receive the proceeds of your account. If you choose this option, contact a legal assistance attorney for advice on doing it the best way. For more information on how TSP specifically interfaces with your will, you refer to page nine of the Summary of the TSP for Uniformed Services, on the web at www.tsp.gov/uniserv/forms/index-booklets.html. If you have additional questions or if you feel it is time to update your will call the Baumholder Legal Center at mil 485-6506 or civ (06783) 6-6506 for assistance.

Young artists discovered in Baumholder

The Boys and Girls Clubs of Baumholder joined more than 2,800 other clubs in a search to identify talented young artists as part of the Boys and Girls Clubs of America's National Fine Arts Exhibit program.



Jean M. Davis, Wetzel Elementary School fifth-grader, took first place in the age 10-12 category.

First place for children under age 9 went to Jessica Concepcion. Sean Olendorf took second and Tiffany Ellis came in third.

First place for ages 10-12 went to Jena M. Davis. Ianacio Lacey took second and Shaquina Davis came in third.

Devery Harvey took first place in the 13-15-year-old group, and Jamie Locke took first among those ages 16-18.

The National Fine Arts Exhibit program promotes young people's creativity in various media as well as encouraging artistic skills and cultural enrichment. Media include watercolor, pastel, oil, acrylic and collage.

The Boys and Girls Club of Baumholder can submit members' artwork in four age divisions. Selected work will be screened at the regional level and a limited number will be forwarded to the Atlanta headquarters for judging at the national level, where 40 winners will be named. Winning entries will displayed in the National Fine Arts Exhibit at the Boys and Girls Club's national conference in Atlanta and at other special events throughout the year.

Winning artists will receive an engraved plaque and a letter of congratulations from the club's president, Roxanne Spillett. Regional finalists will receive a certificate of participation.

"We are most fortunate to have such a high profile brand as L'Oreal underwrite this fine arts program," said Child and Youth, Boys and Girls Clubs of Baumholder coordinator



Photos by Ignacio "Iggy" Rubalcava

Third-grader Jessica Concepcion takes another look at her first-place creation, *Shells and Seeds*.

Gwyn Bown. "L'Oreal's support will enable our members to pursue their artistic talents and develop creative thinking that will last a lifetime."

The Boys and Girls Club has served the youth of Baumholder for two years. The club provides programs for the more than 400 boys and girls to promote character and leadership development, educational enhancement, career preparation, health and life skills, the arts, sports, fitness and recreation.

Student council becomes service organization

'We hope this is going to start an annual tradition'

By Ignacio "Iggy" Rubalcava
222nd Base Support Battalion Public Affairs

While most children were thinking about what they were going to get for Christmas, student council members at Smith Elementary School were thinking about what they could give to those less fortunate than themselves.

Tiana Muraoka, student council co-vice

president, suggested that the school participate in a food drive. The idea wasn't new but it was a first for Smith Elementary, and the results were impressive.

"I've been here six years and this was the first year that I've seen this done at this school. It was great for a first year," said Samuel Tooson, president of Veterans of Foreign Wars Post 2566, who works at Smith. Students often see Tooson wearing his VFW uniform so they approached him and asked for his assistance in distributing the canned goods once they were collected.

"We collected for 10 days. Our goal was to get 1,000 canned items, and I believe that we got a little more than that," said Muraoka.

"We were talking about some ways that we could help our community," said Ramona Emery, the third-grade teacher who serves as student council adviser. "We were brainstorming ideas and one of the first ones that came out was Tiana with the food drive," she said.

Student council members decorated boxes and placed one in each classroom for students to make donations. After 10 days the boxes were collected, and Tooson and other VFW members stepped in to distribute the contributions to needy family members in the military community.

Tooson enlisted the assistance of his points of contact at 2nd Brigade, Division

Artillery, the 222nd Base Support Battalion and the 92nd Military Police Company to get the names of soldiers and families who might need a little assistance in stretching their budget to enjoy a nice holiday meal.

"We hope that this is going to start a tradition," said Emery. "I don't want to speak for the kids, but I know when we first talked about where we wanted to go with the student council, we decided we wanted to change it into a service organization. We wanted to be there to represent our school and be there to help our school families, and so I think this has been our first positive step toward that change. We want to make young leaders out of our kids," he said.

FCC is village that raises children

Commentary by Sgt.
Ignacia Cushinberry
Family Child Care customer

(Editor's note: This is the third in a series of articles on the Family Child Care program.)

The Family Child Care program is a great thing for me, especially since my job requires me to be at work before dawn or after dusk. Anita Foster, my child care provider, welcomes my children in her

home and makes them feel wanted there. Being a single mother, that is very important to me.

I'm a sergeant in the military, working in food services, so many times I have to work early or late. My job is mission essential, so even on holidays and most three- and four-day weekends, I still work.

"Feed the soldiers" is our motto. Although I enjoy my job, I also like to know that while I work to support

my family, my children are in the best hands and care. While the centers are still closed at 4:30 a.m. or have closed by 6 p.m., my FCC provider opens her doors for me whenever I arrive with a warm greeting for my daughters and me.

Being a single mother I need all the help I can get. The saying, "It takes a village to raise a child," holds true if the village is loving and caring. My FCC provider is just the "village" my daughters and I need. She helps me instill the right morals and values in my children, directs them and enforces the rules. It is truly an extended home.

I commend all FCC providers in all that they do to help take care of our children here and around the globe. It is greatly appreciated by me and by others who need and receive the trustworthy care they provide.

Comedy at Rod and Gun

Soldiers and family members in the 222nd Base Support Battalion can look forward to a cool night of comedy to warm up a winter evening when the

Baumholder Rod and Gun Club presents a triple-barreled Comedy Night Jan. 23.

The evening's lineup features comics who've made the rounds, but are still fresh and unknown to most people. One such comic is Maurice G, whose credits include Def Comedy Jam, the Apollo and Comic View.

Also appearing is Marshall Brandon, who has performed at the Apollo and Comic View among other venues.

Mike Yard, who has also appeared on Def Comedy Jam, the Apollo and Comic View, rounds out the bill.

Mark your calendar for a night of laughter. The show starts at 8 p.m.



Marshall Brandon

Shopping smart

Plan ahead to eat better for less

By Kay Blakley
Defense Commissary Agency
consumer advocate

If your New Year's resolution is to tighten your financial belt a notch or two, don't forget to take a look at your food budget as a source of potential savings.

Shop with a plan

Have you ever spent an hour or more shopping in the commissary and another hour getting home, unloading and putting away groceries only to find that you don't have anything to make for dinner?

The surest way to avoid this is to plan meals for a week in advance and shop with a detailed list based on that plan. It does take a bit of discipline to get organized, but the rewards go further than just saving money. Your family can enjoy a real treat rather than a last minute fix.

Use leftovers

A large, inexpensive beef or pork roast served on Sunday can provide the makings for sandwiches on Monday and the protein source of a chef salad served on Tuesday. Because you've planned ahead, your shopping list will include the ingredients for all three meals.

Stick to your list as much as possible, especially if your budget is very tight, but do take note of available bargains. If you find an item on sale that you know you'll use later, add it to your cart.

Finally try to avoid impulse buys. They are often the culprit that breaks the bank.

Read labels

On the shelf tag under each product in the commissary you'll find a unit cost listed along with the price. Pay attention to this information when deciding which size of the product to buy. Don't automatically assume the larger size is the best buy, because sometimes just the opposite is true.

If it's a product you will use by the ounce, such as liquid laundry detergent, buy the size with the cheapest per ounce cost. For other products which carry a per ounce unit cost label, but are not necessarily used in a closely measured manner, pay attention to servings per container in addition to cost per ounce. Is added milk required? If so, make allowance for that additional cost.

Your best bet for savings is to

stay with the brands you like and stock up when those items go on sale. Nothing is gained by purchasing a brand you don't like, won't eat and end up throwing away.

In my household a certain family member, who swears the "best part of waking up is a certain well known national brand in your cup," has not once suspected that sometimes it is, and other times it's whatever brand happened to be the best buy. I don't argue; I just do what it takes to stay within the food budget we agreed upon.

On the other hand, if the bunch you're feeding is of the opinion that a green bean is a green bean, then by all means take advantage of whatever brand gives you the best value. A poor quality food product is no bargain no matter how low the price.

Do it yourself

The higher cost of "convenience items" reflects the labor required to pre-cook, pre-cut, pre-mix or pre-measure the product in the manufacturing process. Substantial savings can be realized if you have the time and skill to perform these preparations yourself.

A cost comparison between pie crust made from scratch and one purchased ready-made is a real mind blower. The ready-made choices for a two-crust pie range from \$1.39 to \$1.79. The very same thing, made from scratch, costs in the neighborhood of one thin dime — that's right, 10 cents.

Pancakes present much the same picture. Those from a boxed mix run about 11 cents per serving, while pancakes made from scratch are less than four cents per serving. You pay almost three times more for the convenience of having the ingredients pre-mixed for you, and you still have to add eggs, milk and oil.

Even though we're talking about pocket change per transaction, it adds up quickly into hundreds of dollars a month and thousands of dollars a year. An annual savings of over 30 percent can be realized by choosing to routinely shop at the commissary rather than commercial grocery stores outside the gate.

Add to that your willingness to analyze costs, plan meals carefully, shop with a list and choose the best buys, and you're budget bottom line will be healthier in the year ahead.



Veteran employees retire

By Ignacio "Iggy"
Rubalcava

222nd Base Support Battalion
Public Affairs Office

Helmut Kaufmann, 222nd Base Support Battalion safety officer, and Artur Priebe, maintenance liaison officer, have had enough of working for the U.S. Army.

Actually, the two veteran employees are retiring after 27 and 43 years, respectively, of service to the military community. Both men were recognized with a certificate and a 222nd BSB coin at their retirement ceremony.

Kaufmann guided the Baumholder military community safely through numerous deployment and redeployment operations, among them Kuwait, Desert Shield, Desert Storm, Bosnia and Kosovo. All were conducted without accidents or injuries to Baumholders soldiers. He implemented the Hazard Communication Program, Medical Surveillance Program, School Safety and Railroad Safety during his career.

Someone who retires is a little older and more knowledgeable than someone who just started working, and Kaufmann made the point to friends and colleagues



Helmut Kaufmann

who attended his retirement ceremony. "Old age means you know all the right answers, but by then no one asks you the questions," he said.

Priebe spent a considerable part of his career working as an automotive mechanic, vehicle inspector and supervisor.

Also retiring after over 45 years of service was Günter Müller, community bank manager. Müller received a 222nd BSB coin from Lt. Col. Eric Wagenaar, 222nd BSB commander.